



Paramount Tennis Adult Drill Winter Schedule

Monday

9:30am-11:00am: 2.5/3.0 Drill

6pm-7:30pm: Co-Ed Drill

Tuesday

8:30am-9:30am: Cardio

9am-10am- Beginners Cardio

9:30am-11:00am: 3.0/3.5 Drill

9:30-11am: Pickleball Clinic

6pm-7:30pm: Pickleball Clinic

Wednesday

9:30am-11:00am: 2.5/3.0 Drill

6pm-7:30pm: Co-Ed Drill

Thursday

8:30am-9:30am: Cardio

9:30am-11:00am: 3.0 Drill

11am-12:30pm: 3.5 Drill

6pm-7:30pm Co-Ed Drill

Friday

7am-8:30am: Morning Madness

Saturday

8am-9:30am: Cardio

8am-9:30am: 3.0/3.5 CO-ED Drill

11:30am-1pm: Beginner Adult Drill

Sunday

2:30pm-4pm: Cardio

